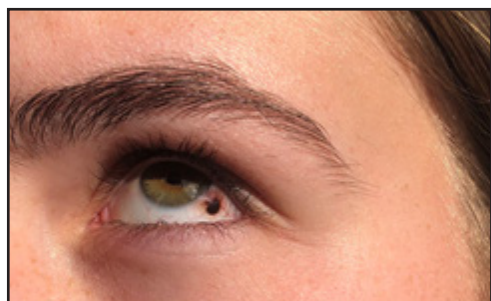
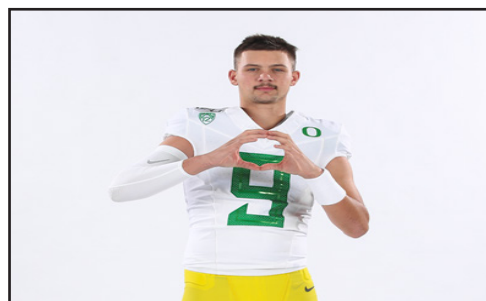


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1st Place award-winner from the American Scholastic Press Association



The Lion's Roar

The voice of Liberty High School students

Liberty High School
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FREE

Going Dutch

Brentwood's newest coffee shop opens to the glee of many

By Ysenia Inguanzo
Copy Editor

Residents of Brentwood will no longer be forced to travel to Oakley for a coveted cup of Dutch Bros. A new site has made its grand opening here in Brentwood at Valdry Court off of Brentwood Blvd on February 7th.

The date was announced on their Instagram @dutchbroseastcounty, which has been sharing updates since the beginning of construction. They share, "We can't wait to serve the Brentwood community!"

It has been a long-awaited arrival, considering Dutch Bros' huge popularity here on the West Coast.

With a 15 year lease, construction launched into action in the last few months of 2019. The new location will have a two-lane drive-through with a 796 square foot building for walk up orders.

Dutch Bros has been living by three core beliefs since 1992: "One cannot be sacrificed for another. All must work together in order to provide the best experience possible. We may be a coffee company, but we are in the relationship business." Their service, speed, and quality plays a huge part of their success. In fact, Dutch Bros is the country's largest private drive-through coffee company. With more than 370 locations in just seven states, Dutch Bros makes millions of dollars



Although they may be only half the size of a traditional coffee shop, Dutch Bros revolutionizes the industry with their strictly drive-through model, with no cafe accompanying the site.

Photo by Ysenia Inguanzo

a year. However, every year, Dutch Bros donates \$2 million of those earnings to nonprofit organizations and local communities. From coffees to sodas to Rebels, Dutch Bros has it all and more. Many praise Dutch Bros for its elaborate menu. Junior Ashee Olivian shares her thoughts, saying, "I think Dutch Bros is the perfect place for everyone because they have a variety of drinks to fit anyone's taste."

Though, Dutch Bros is widely known for its coffee and cleverly named Red-Bull-infused drinks, called Rebels, the menu also features an array of sweet alternatives: smoothies, teas, lemonades, frosts, and hot cocoa.

In addition to their range of drinks, Dutch Bros has many variations of flavors. A few fan favorite flavors include Shark Attack (blue raspberry, coconut, lime, and pomegranate drizzle), Caramelizer (caramel mocha), and Tiger's Blood (strawberry and coconut).

Their drink prices are generally under \$5. A small is about \$3, a medium \$3.50, and a large \$4.

Another important factor to Dutch Bros' reputation is their speedy service. Despite lines of customers waiting to get their hands on their favorite drinks, the baristas try to speed up the process a bit more: workers will go car to car and take a customer's order there. That way, a drink should be ready once the customer gets to the drive-through window to pay.

Could the military draft make a comeback?

By Ysabella Palomares
Staff Writer

It's a peaceful day, another normal day- until you get unexpected news. It's a draft letter. You have to leave everything behind; friends, family, and home. Luckily, Generation Z may never have to experience what it was like to be drafted, due to the fact that the draft ended in 1973, due to opposition to the Vietnam War. Currently, as tensions rise against Iran after the killing of Major General Qassim Suleimani from U.S. airstrikes, many wonder if Iran and the U.S. will go to war. What if the draft is reinstated?

When word got around that a new war may break out and the the hashtag #WW3 trended, along with people crashing the Selective Service System website, the independent government agency that maintains a database of Americans eligible for a potential draft. Today, enrolling in the military is completely voluntary; however, any time an 18 year-old American male applies for college financial aid or gets a driver's license, he must register with the Selective Service System. If the draft were officially put into place once again, the government would use the database to access a list of eligible males.

If there was to be a draft in today's age, what can a person really do? In order for the draft to happen again, Congress would have to vote on it and get it approved by the president in office. Even then, it would need more political support, since protests would be likely.

Another question many people want the answer to is, "Would women get drafted?" The answer to that has, in the past, been no. Over time, only men have been drafted, but it could change since many military positions have been opened for women, as well as the fact that excluding women from the draft was ruled unconstitutional in 2019. According to the *New York Times*, the "National Commission on Military, National and Public Service is considering whether to expand the registration requirement to include women. The group's final report, on that and other issues, is expected to be released in March."

Just because Brentwood is a small town does not mean anything when it comes to a draft. In fact, the draft hit Liberty at one point, taking high school students from their desks to the war fields. In the 1946 Liberty yearbook, a page was dedicated to students and alumni who served in the armed forces, stating, "Some of you will never return; that is one of the great tragedies of war. We sincerely wish it were not so. We trust that your home-coming will be all that you dreamed it would be when you are far away."

End of an era: Antioch Macy's shuts its doors

By Ariana Arreguin
Staff Writer

The Somersville Towne Center will have suffered another large loss of a national tenant in a matter of months. In 2019, over 9,300 retail stores closed nation-wide. Local Macy's stationed in Antioch has determined their closing date to take place during the months of March through April, mostly on account of declining sales and other factors like struggling in management and theft.

Saia Longi, who is currently employed at Antioch's Macy's, says theft is out of control, and counts for thousands of dollars stolen daily.

On a national level, shares of Macy's have lost around 40%, according to Judith Prieve from *East Bay Times*. Emily Workman, regional director of media relations says, "The decision to close a store is always a difficult one, but Macy's is proud to have served the Antioch community over the past 16 years." She also says clearance sales will begin this month for an estimated period of 8-12 weeks.



The closure of a longtime anchor tenant like Macy's is often the first domino to fall in a chain of retail vacations.

Photo courtesy of Blue Dot Partners

Although the closing in retail stores may be due to lack of success in sales, this may not be the case online. According to Coral Outlet stats, 91% of the country's population has committed

to online shopping at least once. Liberty High School Junior David Taylor says he prefers online shopping because, "It's convenient and I don't have to go anywhere. I can get on my

computer and order things without having to get off the couch".

Online shopping may benefit those looking to skip the crowds and interact with others. On an online platform, customers have access to various products all at the click of a finger. The nation's largest online marketplace, Amazon, has a revenue of 232.9 billion USD. With their products ranging from technology to furniture and even skin care, the list of items that can be found are endless. Amazon is made up of over 2.5 million sellers on the market place, making competition for retail hard to compete with, exemplified in this past December when Macy's holiday sales had dropped lower than expected, by 0.6%. To fix this drawback on plummeting sales, Macy's has created a three-year plan to combat further reduction in finances. This plan is expected to cut 2,000 corporate jobs and bring the closure of select offices to reach savings of 600 million dollars in 2020 and 1.5 billion annually.

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Upcoming events:

- 2/24 Leadership Applications Available
- 3/14 Spring Break Begins
- 3/30 School Resumes
- 4/4 Junior Prom
- 4/10 Liberty LIVE
- 4/17 Class Officer Elections
- 4/23 Mr. Liberty
- 5/23 Senior Ball

BREAKING NEWS

February 28, 2020

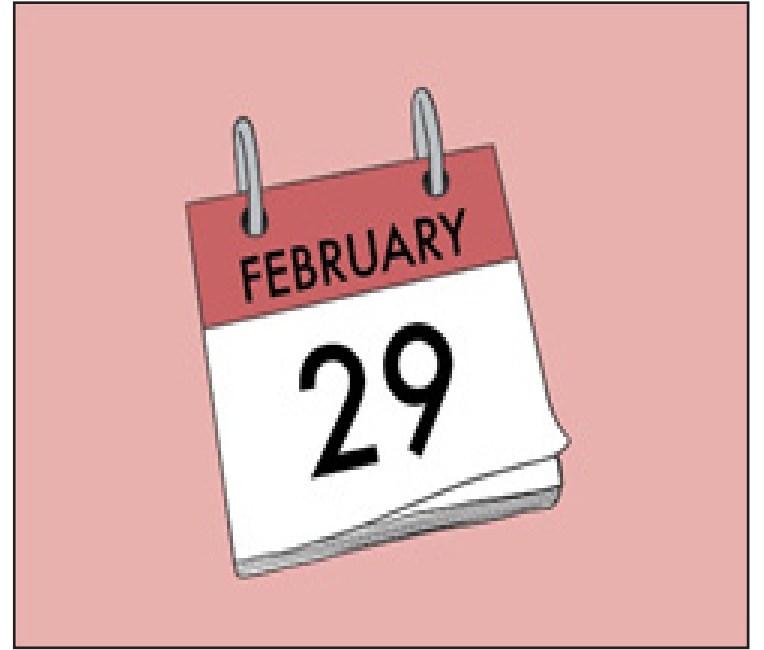
February fluctuation: the history behind the leap year

By *Mary Grace Contreras*
Staff Writer

Imagine waking up on a Saturday morning, excited for the upcoming month of March, only to realize it's another day in February, the rare 29th. Although February traditionally has 28 days, every fourth year adds an extra day in the calendar's shortest month. The extra day in February is called Leap Year Day. This day occurs for the most part every four years, adding a 29th day to the month, and thus, a 366th day to the calendar year. Julius Caesar introduced the "Leap Year" idea to keep the calendars in sync with the Earth's seasons. Leap years are needed to keep modern-day calendars lined up with the Earth's revolutions around the sun, as Earth's complete revolution around the sun is a little bit longer than 365 days, where a full revolution is 365.256 days, known as a sidereal year.

Although the decimal seems small and rather insignificant, it quickly adds up over time. Without leap years, Earth would lose six hours from the present calendars every single year. Losing six hours every year would set the calendar back over time and would tremendously affect the times of the year and the seasons. Just after a few years, the seasons of the year would not be matched up with the time of the year. In September 1752, the Julian calendar was changed to the Gregorian calendar (the currently used calendar today). The shift in calendars had occurred due to the fact that the Julian calendar did not match the time that the Earth actually circled around the Sun. While the Julian calendar accounted for the 365.25 day period, it truncated the decimal, and didn't account for decimals past the hundredths place. The new Gregorian calendar accounts for this decimal that adds up over the course of centuries.

In the Gregorian calendar, leap years occur every four years unless the year is equally divisible by 100. An example would be the year 1900. The year 1900 is divisible by 100, which means that it cannot be a leap year. If the year is equally divisible by 100 and by 400, it is considered a leap year. Furthermore, the year 2000 is divisible by 100, but is also divisible by 400, which makes that year a leap year. Brian Handwerk from National Geographic states, "The evidence lies in a long history of wildly shifting dates and accompanying civil, agricultural, and religious chaos. That's why most of the modern world has adopted the Gregorian calendar and its leap year system to allow days and months to stay in step with the seasons." Although not everyone in the world uses the traditional western calendar, it is widely accepted by almost all bodies of government, and best accounts for the astronomical revolution periods.



Although incredibly rare, babies born on February 29th are referred to as "Leaplings", only occurring in about 1 in 1461 births.

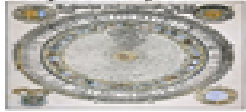
Photo courtesy of Hello-Giggles

Roman calendar implemented, contained 304 days in 10 months, with 61 unassigned winter days



753 B.C.

Julian calendar introduced by Julius Caesar, contained 365 days in 12 months, with a leap year every fourth year



45 B.C.

Julian calendar adjusted into the Gregorian calendar to account for Earth's actual rotational period



1582

The end of the millennium sparks fear of computer failure in millions



2000

Golden Gate gala: park celebrates sesquicentennial



Golden Gate Park will offer free rides on the observation wheel on April 4th to kick off the celebration.

Photo courtesy of Skystar

By *Gavriel Curameng*
Co-Editor

Starting April 4th, Liberty High School students will be able to attend a celebration in San Francisco to commemorate the 150th anniversary of Golden Gate Park, and ride a 150-foot observation wheel as well. During the 1860s, San Franciscans looked towards New York City as their city rapidly developed, yearning for a similar Central Park. Almost 150 years ago, on April 4th, the California Legislature created Golden Gate Park. Today, the Recreation and Park Department and the San Francisco Parks Alliance are organizing a celebration of the sesquicentennial anniversary of its creation. "Golden Gate Park is a San Francisco treasure and a place where everybody can enjoy the best that the City has to offer," stated San Francisco Mayor London Breed in a press release. The yearlong celebration will host an array of activities and celebrations for all ages. On April 4th, a parkwide "Community Day" will kick off the celebration, offering food, entertainment, and a ride on a 150-foot observation wheel. "We want to celebrate the Park and give people a new way to appreciate the beauty of our City during this 150th anniversary celebration. This

observation wheel is just the first of many exciting announcements we will be sharing in the coming months as we get ready for the coming year-long celebration," noted Mayor Breed. The observation wheel, called the "centerpiece of the park's birthday celebration" includes 36 climate-controlled, enclosed gondolas that seat six people each. Located between the deYoung Museum and the Academy of Sciences, the 12 minute ride costs viewers \$18 for adults, \$12 for seniors and children under 13. First rides on the observation wheel will begin on April 4th. The observation wheel is not a permanent attraction, as the dismantling will begin once the celebration has concluded in March 2021. "This 150th celebration provides an amazing opportunity to tell the story of Golden Gate Park— its past, present and future— and share all our park has to offer," noted Phil Ginsburg, General Manager of the San Francisco Recreation and Park Development, in a statement. Over its 150 year history, Golden Gate Park has gained 24 million visits each year, flocking to see the rich history of the city. "We're thrilled to celebrate this exciting moment in the history of Golden Gate Park," expressed Dr. Scott Sampson, Executive Director of the California Academy of Sciences. "We hope that San Francisco residents and visitors alike will come explore all that this incredible park has to offer in 2020 and beyond."

ASB Election Results:

- | | |
|---------------|----------------|
| Summer Farage | President |
| Abby Warner | Vice-President |
| Gracie Lamar | Secretary |

An open letter to Ms. Rodriguez:

In the last eighteen years, Ms. Rodriguez has been at the helm of Liberty's leadership program, building leaders and touching lives. Through all of life's challenges, Ms. Rodriguez has remained incredibly cooperative and supportive of *The Lion's Roar* Newspaper, and for that, we thank her. She has created lasting traditions here; Liberty would not be the same without her. We wish her the best on the next chapter in her life, and thank her for her unwavering commitment over the past two decades.

CAMPUS LIFE

February 28, 2020

LHS club spotlight: *Black Student Union*

By *Alegra Nelson*
Copy Editor

Black Student Union, also known as BSU, is a club that represents inclusivity, cultural representation, and diversity around the Liberty High School campus.

Black Student Union was re-established about three years ago during the 2016-2017 school year after being put on pause for some time. Through growth and time, BSU has showcased their love for the differing cultures and stood for inclusivity. President of BSU, Chandler Evans, sees being president as not just a role. The role of BSU presidency is deeper than the titles and the authority, it is a job where he cares for people and the students as a whole. He ensures they are physically, mentally, and emotionally well and makes

sure the club creates a reliable source and safe place for the African American community here at Liberty High School. Senior Victoria Foreman finds BSU as a place where she has a voice among her peers among the campus. BSU helps its members prepare for life by sponsoring black college fair expositions. In a recent example in February 8th, they visited Oakland for the Black College Exposition. They also attended the Power, Resilience, Inspiration, Dedication and Education conference at Freedom High School on the 20th. The officers also work to help the students realize what they want to do after high school. The club serves as a comfortable and safe place on campus for the black minority on campus. As secretary Chiedza-Loice Prickisie shared, "I joined because BSU is where my people are, united we stand, divid-

ed we fall." She joined her sophomore year and now is a senior. The club fosters support for the black community at Liberty for them to feel comfortable. Despite the misconception, Black Student Union is not just for black students. Anyone can join and take part in the different ways the club promotes love for all cultures involved. Secretary Prickisie hopes the club becomes a place people other than the black students feel comfortable being part of. BSU has planned out numerous events for Black History Month, including putting a black history quote in the daily announcements. To learn more about the club activities for the rest of the year, contact advisors Mrs. Bradshaw, Mr. Ogi, and Mr. Mauro. BSU's mission as a club is educate and bring awareness to all topics involving the black community and history.



BSU, an active club on campus, participated in Club Rush to attract new members.

Photo courtesy of @lhsblackstudentunion

One odd occupation: *Life as an ocularist*



Thousands of custom acrylic eyes are hand painted each year in America to match the demand.

Photo courtesy of Great Big Story

By *Kaity Walters*
Staff Writer

An eye for an eye is usually an expression when discussing revenge, but in the ocularist field, it's just another day on the job.

As defined by the American Society of Ocularists (ASO), "An ocularist is a thoroughly trained professional skilled in the art of fitting, painting, and fabricating custom ocular prosthesis. In addition to [...] complete instruction on the care and maintenance of their prosthesis." An ocular prosthesis is a prosthetic eye, often referred to as an acrylic eye. A common misconception when discussing ocular prosthesis is that it is an entire fake eyeball. In reality, a prosthetic eye is a shell that covers the inside of the eye socket.

To become a certified ocularist, many have to receive schooling at the College of Ocularistry (COO). To receive a formal diploma from the COO, students must have a minimum of 10,000 hours of practical training and 750 credits of course instruction, over a span of 5 years. Once a student has received their diploma, they become an official member of the ASO, a group that has 262 members from 12 different countries.

An ocularist makes between \$60,000 and \$100,000 a year in California. Each eyeball is vital to the ocularists. A single eye and implant costs around \$2500 to \$8300, without medical insurance. Medical insurance covers prosthetic eyes as durable medical equipment. These costs also depend on the type of eye one receives; stock or custom. A stock eye is mass produced,

and does not specifically fit anyone or match eye color. With a custom eye, the eye color will match, it will be shaped to fit one's eye socket, and promotes health of the surrounding eye tissue. Healthy practices are an important part of having an acrylic eye. Age determines how often one should see their ocularist per year. Infants under 3 years old should be seen every 3 months, children under 9 years old should be seen twice a year, and everyone older than 9 should be seen once a year. The acrylic eyes need to be polished every 6 months, although this can differ from person to person, to restore the acrylic finish and ensure health, as without proper care, infection can plague the eye sockets and tissue.

Many are shocked when they discover acrylic eyes have been around since the 5th Century B.C.E. by Roman and Egyptian priests, although the eyes were only made out of gold and enamel. Eventually, the Venetians in the 16th century made their prosthetics out of glass, but were considered fragile and uncomfortable. In the mid-19th century, Germany developed a more superior technique for making glass eyes that they then introduced to America. During World War II, imports from Germany were cut off from America, resulting in the American creation of the popular acrylic polymers. The American acrylic polymers and the German glass eyes are both still used today.

Becoming an ocularist is not an easy feat, but is much needed. One has several opportunities to lend a helping hand to those in need when working in the ocularist field.

LHS Tech Week: what goes *down* as the curtains go *up*

By *Kira Logan*
Staff Writer

The pit band drowns out the sound of talking in the wings, the stage managers start whispering into their microphones, and the show has officially begun. All of these factors contribute to the great overwhelming feeling over tech week. At Liberty High School, the drama department, Playmakers, routinely puts on two shows per school year. Most students at LHS are unaware how physically and mentally draining tech week can be.

Tech week begins the week of opening night and is a prolonged 7 hour rehearsal. Between 3:30-7pm, actors are required to be prepared in full hair, makeup and costume. These are referred to as "call times". When they start running through the show and there's a mishap in lights or sound, the director will call 'hold' and everyone has to keep their positions until it's resolved. After the problem is fixed, we go from the top of the scene or dance with the updated tech.

When asked about the most exciting part of tech week, cast member Gabrielle Gilmore mentions, "During those long hours you get to become really close as a cast and see the show comes together. Overall it's a very rewarding experience and I love being a Playmaker". As Gilmore explained, seeing all of the hard work you put in finally getting showcased is satisfying and exciting.

Although it seems very busy on stage, the crew heads and tech crew put in



Typically, makeup and hair for a show can take up to an hour and a half.

Photo by Kira Logan

just as many, if not more, hours than the actors. They are a very key part in the making of the show and help actors with cues, lights, and much more. As crewhead Riley Park stated, it can get very stressful sometimes but it's worth it in the end seeing all of your hard work pay off. Many technological problems can occur during tech week, and they often do. The key is having patience and working as a team to try and figure out the fastest solution. Even though there are complications to tech week, it does not numb the

enthusiasm the cast feels right before the show opens. As castmember Jackie Garcia signified, "Everyone is always really tired but excited for the show at the same time. It's a really fun environment to be around". So even though the stress of tech week can be debilitating on some there's always a layer of fun to it.

Granted that tech week can be stressful on many different levels, it's an enjoyable experience that everyone in the cast loves to be apart of.

Living with Lyme Disease

By *Bella McMeans*
Staff Writer

Your joints are stiff, your muscles ache, and your entire body feels like it's on the verge of collapsing. This grim scenario is the brutal reality of over 200,000 people each year in the United States alone. This is the norm for so many afflicted with Lyme disease.

Lyme disease is a tick-borne illness

first discovered in the town of Lyme in Connecticut. Lyme used to exclusively plague rural areas of the Northeastern U.S., and was even considered a rarity in these regions. However, the ailment has been on the rise in recent years, and the number of reported Lyme cases is predicted to increase a massive 20% in the coming decades.

Awareness for Lyme disease is picking up traction too. This past January, pop

celebrity, Justin Bieber, disclosed his personal struggle with his own Lyme diagnosis. He announced his difficult battle with the disease in a viral Instagram post that has now amassed nearly three million likes and tens of thousands of warm and supporting comments. Bieber's plight has subsequently shone a much appreciated spotlight on the Lyme community.

"They failed to realize I've been recently diagnosed with Lyme disease, not only that but I had a serious cause of chronic mono."

-Justin Bieber



In the coming decades, it is expected that Lyme Disease cases will increase by 20%. Photo courtesy of Medical News Today

Redefining Beauty

A look at how physical differences at LHS may actually be what unites us all

By Valeria Leon
Staff Writer

Beauty is a very subjective and narrow term. It comes in different variations, shapes, colors, sizes and figures. All beauty should be acknowledged and celebrated, especially the unconventional beauty underrepresented in our society and culture. The best way to shed light on the unconventional beauty in our society and culture is to look within our community here at Liberty High School.

Ms. Samnath

Ms. Samnath works at the school library; she's the first person seen when coming into the library sitting at the front desk and the person who helps students when they want to go to check out a book. Ms. Samnath has a birthmark on the corner of her left eye. She's had the skin discoloration birthmark since she was born, and while it now gives her confidence and gives her personality, Ms. Samnath didn't always feel this way about it. Growing up she said she faced quite a bit of adversity along with internal shameful and embarrassing feelings about her birthmark. These feelings lead to her trying to cover up her birthmark by wearing her hair down and styling it in ways that would cover it up. Over time, as Ms. Samnath grew older her own viewpoint, along with that of society's viewpoints on birthmarks, changed. She says that the "transitional phase" that society

has seemed to go through helped her become more accepting of her own birthmark. "My birthmark is a part of me, it's representative of who I am. My birthmark has made me who I am and has helped me with facing adversity. It adds to my character, gives me strength and adds to my individuality. I couldn't imagine myself without it."

Abigail Warner

Abigail Warner is a junior here at Liberty High School. Most wouldn't see it at first glance, but Abigail has a small mark on her left eye. She calls this mark her freckle. Her freckle came from looking at the sun a lot when she was younger. It appeared on her right eye in the fifth grade and disappeared right before summer, so she thought nothing of it. Then that year, when summer was over, her freckle reappeared on her left eye, where it has stayed ever since then. "I thought my freckle was cool and unique when I was a kid," Abigail says. Her freckle has affected her life quite a bit. Abigail can't look directly at the sun or be out in the sun without UV protection on her eye for too long because her freckle is a result of sun exposure; the sunlight does cause it to sting her eyes a little bit. Besides the small physical discomfort that her freckle brings, it also brings with it a lot of repetitive and inquisitive questions that Abigail finds herself answering almost every time someone notices her freckle. Despite all of this Abigail has continued to embrace her freckle.

Mrs. Stillwell

Mrs. Stillwell is a math teacher here at Liberty. Mrs. Stillwell has several scars along her body from her years of playing sports. "I'm proud of these scars because I've worked hard for them. I've earned these scars," she says. Although Mrs. Stillwell has several scars, a recent scar that she's gotten stands out because it led to her being able to save the life of her sister-in-law. Mrs. Stillwell's sister-in-law was in need

of a kidney and she turned out to be a match, so she donated her kidney. Mrs. Stillwell talks about how she takes pride in the scar, since she knows it is a reminder of her having the opportunity to save her sister-in-law's life. Mrs. Stillwell's own experiences with her own scar and seeing those around her deal with scars and birthmarks has led her to believe that people should be more open and kind to those with physical differences, because as Mrs. Still-

well had said. "Every scar has a story behind it, and you can learn something new and interesting about the person if you just have an open mind and take the time to listen to their story." She also believes that it's important that people with scars, skin discoloration, freckles, or any type of unconventional beauty features to be represented in the media, so they can feel loved and appreciated just as much as anyone else who is represented in media forums.



Although it brings physical discomfort, Abigail Warner still embraces her freckle. Photos by Valeria Leon



It took time for Ms. Samnath to overcome internal feelings about her birthmark.



Every scar, argues Mrs. Stillwell, has a story that allows people to get to know someone.

"Zoomers" versus Boomers: the never-ending hostility

By Leila Haddadin
Staff Writer

A teenager and their grandfather stand on opposite ends of the room, staring each other down. They just had a heated argument surrounding their different political views, and it had dissolved to silence. After a pregnant pause, the teen mutters, "Okay, Boomer." The Boomer huffs, miffed at that comment. In this day and age, there is tangible tension and conflict between separate groups when it comes to certain topics. One of the more recent, increasing tensions is that between Generation Z and Baby Boomers. (To clarify, those born between 1997 and 2012 are part of Gen Z, and those who were born between 1944 and 1964 are Baby Boomers). Common areas of conflict between the two revolve around cell phones, the LGBT+ community, and the age gap in general. The two generations come from different worlds in knowledge, beliefs, and technology. Baby Boomers weren't raised with cell phones, and more likely than not, lived in more unaccepting environments. As the years

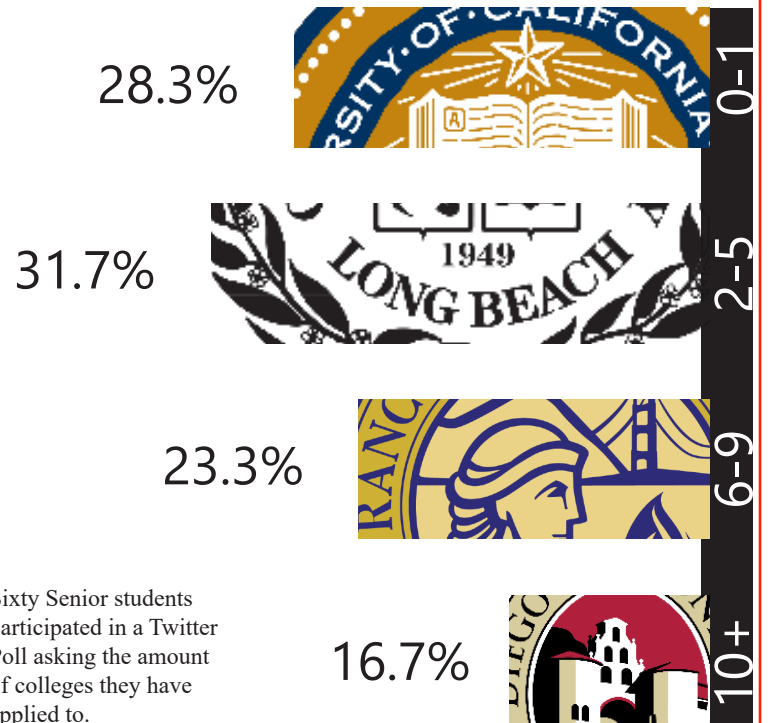
pass by, the world they knew changed and they had to either adjust or keep their outdated lifestyle. Nowadays, nearly everyone a part of younger generations is pushing for equality for their groups. Feminists, LGBT+, and People of Color are some examples of this. Technology is a big part of modern day society, and it has proven itself to have many uses for education, business, and entertainment purposes. However, this large increase in use exposes the younger generations to the world's many problems, and naturally they are going to start to have opinions on these topics. With these major differences, it is only inevitable for tension to form between the two generations. Lin Hansley, a fellow member of Gen Z, mulls over the topic. "It's hard to say when it started, because the major causes of it came to be gradually. Anything from the cost of living rising much faster than minimum wage, leading Boomers to see Gen Z as lazy when in reality we're exhausted from trying to keep up with now-unrealistic labor expectations, to the constant influx of news we get from

the internet resulting in an increase of mental illness, unnaturally exhausting our empathy and hopefulness faster than ever possible when Boomers were growing up." On the other side of the field, Baby Boomer Lee Mattingly expresses his opinion on the different views for the two generations. "The younger generation leans more to the left than to the right, as far as politics go. Those kinds of politics are being taught by the education system, instead of letting them make up their own lives by being taught in a neutral school atmosphere." He also mentions how the things that rile him up don't bother Gen Z as much, which is another example of how different their views are. Another factor for this could be the fact that the younger generation has become desensitized to the crimes and misdeeds shown on the media, and many have resorted to using memes as coping mechanisms. "Nobody will know what the old people are talking about until they're gone and realize, 'Hey, maybe they were right after all,'" Mattingly concludes.

Twitter Poll: Seniors: How many colleges did you apply to?

By Austin Belcher
Editor-in-Chief

@LHSLionsRoar



Sixty Senior students participated in a Twitter Poll asking the amount of colleges they have applied to.

February 28, 2020

Jay Butterfield leaves the nest early to fly with the Oregon Ducks



At 17 years old, Jay Butterfield began his college career at the University of Oregon. Photo courtesy of University of Oregon

By Marcel Grisard
Staff Writer

Imagine you are put in a position where you can either stay in your hometown with your friends and family or start a whole new life in college leaving everything you know behind. Jay Butterfield, a former quarterback for the Liberty Lions has chosen his path to leave Liberty High School early and start a new chapter in his life at the University of Oregon. Butterfield said he left high school early so he could: “get a head start in athletics and academics and possibly have a chance to start next year.” According to Butterfield, with him doing this he also will have the opportunity to graduate from Oregon early. Butterfield made this decision very late into

the school year in early November. He also recalls, “The coaches encouraged it but didn’t tell me to do it. I made the decision on my own because it was best for my future.” Butterfield says he’s taking military science, intro to business, Ethnic studies and popular songwriting, but he is still undecided on what he wants to major in. He says his ultimate goal is to go to the NFL and pursue a career as a professional athlete. Then after the NFL he wants to have a job involving sports. Butterfield says he has not had practice yet, but he has been lifting, conditioning, and doing optional workouts. According to him he has been doing this non-stop. Butterfield says he chose Oregon because the coaches made him feel at home and welcomed him. He also said “I loved Eugene as a place.” Accord-

ing to Butterfield, his living situation is good; he has his own room with his own bathroom, and he also has a kitchen and living room. In addition, Butterfield says he had to take online classes and work hard in order to have the opportunity to graduate early and enroll at Oregon. Butterfield finished high school at the end of December and left for Oregon in early January. He says, “The hardest thing was leaving my family and friends and moving to another state on my own, but I am in great hands here at Oregon and can’t wait to have the best four years of my life here.” Butterfield says he is adjusting well, better than he thought he would; he says it’s because “we get taken care of like we are kids of their own and all of the guys take us in like little brothers.”

Coming Back Home:
Check out Butterfield and the rest of the Ducks on local turf:
Oregon vs Cal Berkeley
Cal Memorial Stadium
Saturday, October 17th

The floor is on fire: Liberty’s dance team brings the heat at USA Spirit Nationals

By Emily Redman
Staff Writer

Months and months of hard work, blood, sweat and tears have led up to this moment, and Liberty’s varsity dance team was ready to put it all out on the floor at USA Spirit Nationals. Coach Jennifer Heinz and the 16 members of the Liberty varsity dance team traveled down to the Anaheim Convention Center to compete with teams from across the state in their biggest competition of the year. The competition took place February 14th through 16th, over the four-day holiday weekend. In order to qualify, “The girls must compete at regional competitions throughout the year. They have to get above a certain score to compete at nationals” says Mrs. Heinz, “All of the squads who qualify throughout the year compete against each other. It’s the best of the best.” In order to prepare for this event the team puts in hours and hours of work starting in October while the team starts their season practices in the middle of June. “Throughout the year they practice at least twice a week.



This year marked the 35th anniversary of the USA Spirit Nationals with over 7,500 competitors, including the girls from Liberty High School. Photo courtesy of Jenn Heinz

They have had all day Saturday practices to learn their routines and they practice over school breaks, just a lot of practice.” chuckles Mrs. Heinz. Many of the girls on the team have been dancing from a young age, re-

ceiving formal training from dance studios in the local area. Because of this and their hours of practice, the team was rewarded as they placed 4th out of nine schools in the large varsity song pom intermediate cat-

egory. Other schools in their category included Higley High School, Martin Luther King High School, and Aliso Niguel High School. Varsity dance team member Makena Quesada recalls her favorite moments from their routine, explaining, “My

favorite part of the routine was our hip hop breakdown section because the music is upbeat and sassy.” The girls were also able to have some time to kick back and relax in Disneyland when they weren’t competing.



Practice time pays off as Elizabeth Hernandez (left) and Ava Partida celebrate their team’s 4th place victory. This is the best-ever finish for a Liberty dance team at a national competition. Photo courtesy of @lhsdtlions

March madness: dodgeball returns

Who will become this year’s dodgeball champion team?

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Team 1 vs. Team 3 Team 6 vs. Team 8	3 Team 2 vs. Team 4 Team 7 vs. Team 9	4 Team 3 vs. Team 5 Team 8 vs. Team 10	5 Team 1 vs. Team 4 Team 6 vs. Team 9	6 Team 2 vs. Team 5 Team 7 vs. Team 10	7
8	9 Pool A Top 2 Pool B Top 2	10 Pool A #2 vs. Pool B #2 (Third Place)	11 CHAMPIONSHIP GAME	12	13 Pi Day (Math Club)	14

POOL A

- Team 1: Narwhals
- Team 2: K9’s
- Team 3: Niagara Balls
- Team 4: Big Dawgs
- Team 5: Can’t Teach That

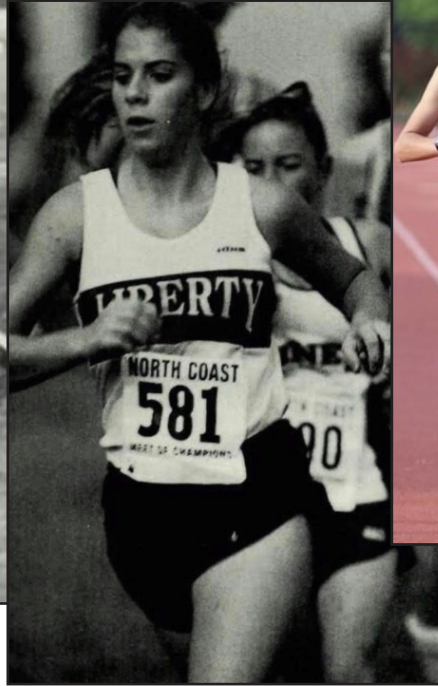
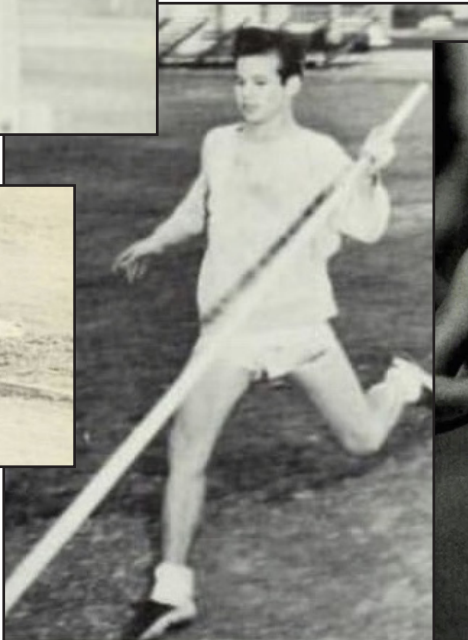
POOL B

- Team 6: Flight Crew
- Team 7: LVPD
- Team 8: Daj Mabal
- Team 9: Untouchaballs
- Team 10: Dad Bod Squad



Running through the years

One person's Instagram account documents the history of LHS track and cross-country



The above photos, gathered from various Liberty High School yearbooks, can all be found on Max Ortega's Instagram account, @lions_xctf_history.

By Katherine Mund
Copy Editor

Most people can't imagine taking over three hours from their day to go train their bodies to endure running for their own amusement. This is the life of a track and cross country runner, dedicating their time before and after school to a sport that demands high levels of tolerance. Liberty was established as a school in 1902, and not long after, their track and field and cross country teams followed. Liberty's first track team was established in 1909. Their first cross country team was created in 1965. However, girls were not able to join cross country until 1972; in 1975, the girls track team was created. John Ambrose, Liberty PE teacher

and track coach of 26 years, gave his insight on the team and the impact his job has on others and himself. He reflects on the biggest challenges every year, the main two being finances and team segmentation. Fundraising remains difficult every year. In addition, each area of the team—throwers, vaulters, jumpers, sprinters, long distance—tend to treat the others as a separate, rather than whole, team. According to Ambrose, there is a bit of a lack of unity that they hope to work on in the near future, but overall, the team is like one big family. Ambrose reflects, "Coaches in my life had more of an impact on my life than anything else I did". Ambrose goes on to explain that he changed his major to physical education in college after realizing he wasn't

interested in the more science-based major he was in. To this day, he does not regret this decision. Ambrose shifts his position, looks off, and smiles, explaining, "I wanted to have the same impact on other people's lives". Max Ortega, who is a junior on both the Liberty cross country and track teams, became interested in researching Liberty's track and field and cross country history after trying to find his father's records from when he was a student in the 80's. Ortega explains that he didn't want the information he found to get lost in history, so he started organizing a document, "Morford-

ian Archives", which is named after the current cross country coach he trains under. In 2018, Ortega made an Instagram account to make the information he had dug up available to the public. The page contains posts of meets, people involved, and information on the team at the time, dating back to 1955 for track, and 1984 for cross country. But as Ortega puts it, "I don't want to just post raw results because I think that detracts from the true reason people do these sports. I want people to get a feel for what it must have been like to be in a certain race."

When asked which sport he prefers more, Ortega personally says he prefers track races over cross country races because of the faster pace, but prefers cross country more overall, because of its culture and events. Overall, Ortega believes, "Records and results are nice and all but in the end, it's the memories you make and the fun adventures with friends that you'll take with you for the rest of your life, and that truly matters". For more information, visit Ortega's Instagram: @lions_xctf_history, or Athletic.net.

An athlete's guide to shin splints

By Adelle Senneca
Co-Editor

Shin splints are one of the most common injuries athletes experience, and often go undiagnosed. Shin splints are an acute pain in the shins and the lower leg caused by prolonged running on hard surfaces. They are most common in basketball, football, and track. As the pain spreads to an athlete's lower leg it becomes very difficult to ignore; therefore, this will prevent a person from being able to perform at their

best in their sport. To help heal shin splints one should rest, ice, compress, elevate, and take pain relievers. Furthermore, to prevent this injury from occurring there are strengthening exercises, stretching, and shoe orthotics to reduce the impact of running. Many athletes have experienced shin splints, including LHS senior track athlete, Isabelle Carreon. She recounts, "The shin splints I have experienced have not been severe. I can take an Advil or ice and they will go away, however they do make practice difficult at times." The recovery

time for shin splints varies among each individual, there's no set time frame for them to heal. Consequently, if shin splints are left untreated it can cause stress fractures or muscle compartment syndrome. Muscle compartment syndrome is a shin injury that requires surgery to prevent muscle damage. However, if shin splints are properly treated, one will not experience these long term effects. It is important that if an athlete gets shin splints, they rest and care for their legs, because in the end, it might not be worth it to rush back into a sport.



Photo by Kyndl Buzas

Get your tickets for

Donkey Basketball

Tuesday, March 3rd
7:00 pm
Liberty's Stonebarger Gym

Leaders of the Pride

Name:	Sport:	Level:
Jon Addison	Football	JV
Genevieve Almgren	G. Water Polo	Varsity
Dylan Baptista	B. Cross Country	JV
Rylie Brazington	G. Cross Country	JV
Leah Carrasco	Volleyball	Varsity
Ronnie Chaput	Volleyball	Frosh
Shayne Durham	G. Water Polo	JV
Rylee Guinn	G. Cross Country	Varsity
Ryan Harper	Football	Frosh
Emily Knox	G. Golf	Varsity
Paige Lind	Volleyball	JV
Lia Moore	G. Water Polo	Frosh/Soph
Patrick Olsen	B. Water Polo	Varsity
Matias Rogers	B. Cross Country	Varsity
David Trujillo	Football	Varsity

OPINION

February 28, 2020

He Said, She Said: The Male vs Female Perspective

Do women make better teachers?



Interning at Marsh Creek Elementary School, Katherine Mund spends her fifth period on a weekly basis instructing students for Liberty High's TLC class. Photo by Jamison Capio

By Jamison Capio
Co-Editor

About 77% of public school teachers were female and 23% were male in 2015-16, with an even lower percentage of male teachers at the elementary school level (11%) than at the secondary school level. Despite this difference, this does not mean anything when considering various teaching styles and techniques.

Although it may be true that women are often a child's very first teacher as mothers, this does not account for the fathers that were also present in the child's life, or for the single fathers

that raised their children. Therefore, males too, are just as important to a child as a female may be.

In an Instagram poll, when asked, "Are women better teachers?" 44% of users answered "yes" whereas 56% of users answered "no".

Ben Veazy, a senior at Liberty High School, justifies his answer: "A majority of teachers are female until you hit high school and then it's the male teachers that you can joke around with more and build better teacher/student relationships with."

For Veazy, he believes that later in education, male teachers are more apparent; he also believes that male teachers are easier to make particular bonds

with. So if this is the case, how male teachers are more prominent towards the end of one's education experiences, such as high school and college years, it could even be argued that men are more fit for teaching when it comes down to intricate material, or content that becomes difficult to interpret.

Furthermore, there are plenty of examples of great male teachers at Liberty High School. Mr. Reinders, a history teacher, applies independence and life skills to his teaching. He instructs his students to be creative with their notebooks, opting for his students to express individuality. He also establishes reasonable deadlines with very limited exceptions in order to promote punctuality, a skill he deems vital.

Daniel Baltrons, a senior at Liberty High School, elaborates on his experience with having Mr. Khan as his English teacher during his freshman year: "His lessons are clear and straightforward. He explains the content in depth, and he tells you what you did wrong when he grades."

Bringing his lively attitude and high-spirit, Mr. Khan, an English teacher, is another example of a great male teacher at Liberty High School.

Specifically, what makes Mr. Khan such an admirable teacher is his humor, allowing his students to relate to him on a more personal level, while assuring his students meet high standards.

Additionally, not all female teachers can be so great; I recall having a female teacher for my business and financing class freshman year at a high school in North Carolina. Other than the fact that

she didn't teach us directly, and had a software with monotonous generated lesson-plans as constant assignments, she didn't bother learning any of her students' names in the class. She told us that in the workforce, the boss does not care to know the names of their employees.

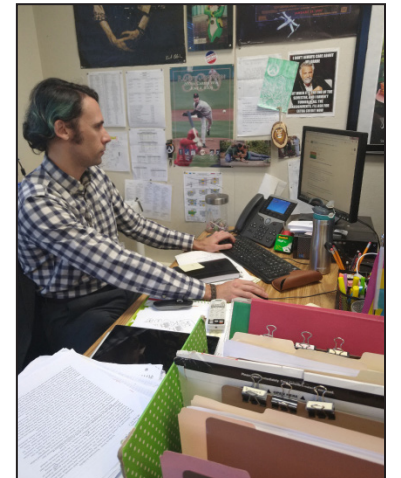
The definition of better is "Of a more excellent or effective type or quality," simply being a woman doesn't make the teaching process any better. Personally, I believe a great teacher is any individual who can instruct and apply relevant life-skills while making the environment comfortable and alive in an entertaining, yet professional manner. There is absolutely no set gender on the best teachers. I firmly believe that teachers of any gender can have great control on their students.

By Lilly Young
Staff Writer

Men are better than women. This may sound sexist, but it is what I believe to be true. At least this is my belief when it comes to teachers.

I have had many classes throughout my life and with each class, there is a new teacher. What I have noticed is that I do much better in classes with male teachers compared to female teachers. Most male teachers give less work than female teachers. However, the work is of good substance and helps students remember the most important details of lessons. An example of a great male teacher is Mr. Draper, a teacher at Liberty. For most of last year, he was my

substitute teacher for World History. It was a huge responsibility on his part to teach my class. He had to teach all of us new lessons. Personally, I believe he did an amazing job, as I understood all the assignments, and I got an A+ in that class for both semesters. Unlike male teachers, I noticed that female teachers have caused me to struggle. From my experience, they tend to assign excessive work to students, making it harder to remember information. Of course, there are many exceptions to women being insufficient teachers. For example, Mrs. Kroner, a math teacher at Liberty High School, is excellent at teaching and gives the students a perfect amount of work. She is also very helpful when students are struggling, as I got an A in her geometry class for both the semesters that I had her.



An English teacher at Liberty, Mr. Wrigler, works at his desk during class. Photo by Lilly Young

Lion's Cafe: A review of Jerry's Hot Dogs and Gyros

By Nia Green
Staff Writer

Initially an Antioch Gyro restaurant, Jerry's Hot Dogs and Gyros is now known as Brentwood's favorite comfort food. Jerry's Hot Dogs and Gyros comes at a 4.6 rating to be the new and delicious spot for all families to enjoy. Located at 380 W Country Club, near Heritage High School, it comes as a close favorite in many stomachs. Jerry's

Hot Dogs and Gyros is a small and a cozy restaurant with indoor and outdoor seating. When you walk in, you instantly see a big slideshow menu of all of their delicious foods, and the employees politely greet you. One thing I noticed while walking in was the cleanliness and lovely stone flooring. It felt comforting and truly relaxed. The employees showed me no hurry to get my order, and politely waited for my decision. I decided to order the classic Jerry's hot dog and regular fries.

Although they had a great selection of many different food options like the feta or chicken gyros, plus the many different options of sides like the cheese or feta fries, if you didn't particularly want a hot dog.

After ordering, it felt like seconds waiting for my food. I had the classic Jerry's hot dog, that had mustard, onions, relish, and tomato, but you can choose to customize the toppings. The fries were very fresh and not greasy; it was very enjoyable to eat. I went with a

friend who got the crispy fried zucchini with a side of the greek fries cooked in olive oil and feta cheese. Our food was a total of \$28 dollars. Although the prices together go a little higher. For the quality of the food, I would consider the prices to be worth it. Overall, I enjoyed the food, and the display was very nice, not fancy, but also not messy. And the employees were very respectful. I truly recommend Jerry's Hot Dogs and Gyros, and believe you will not be disappointed.



With a 4.5-star rating on Yelp, it is easy for many to warm their hearts and fill their stomachs; the best hot dogs around may be closer than you thought. Photo by Nia Green

Should students be able to grade their teachers?

By Rebecca Vega
Staff Writer

The hypocrisy of the grading system towards kids is an outrage. Who's to say that a "bad" grade isn't the result of the teacher just being horrible at teaching? If a student is failing due to the teachers lack of accountability, he should have a right to say something and give his honest opinion about that specific teacher, in the form of a grade.

Some may argue that all teachers must have certain credentials to verify that they know what they're doing. However, teachers are still human and make mistakes.

Encouraging students to speak up about their instructor is beneficial to themselves and future students. Grading teachers would give students a voice and an outlet for those voices to be heard.

Welcoming back returning students

What it's like to come back to Liberty

By Carson Lombardi
Staff Writer

Only two days into my junior year at Liberty, personal reasons compelled me to move across the street to Independence High School. It was a rough transition in an even rougher period of my life and only a few months in, it became clear to me that I belonged at Liberty. Those few months in a different school made me realize the glaring differences between the schools and the glaring changes I personally made to myself. Neither school is 'better' than the other, some forms of education simply fit certain people better and Independence did not fit me at all. The weekly schedule at Independence was much less intense than most public schools, the school days started later and ended earlier; some weekdays didn't have school at all. The workload consisted, for me at least, of two large packets a week. All things considered for me, this schedule was very easy and my grades were straight A's and B's. Despite my academic progress and abundance of free time I became very depressed; I am a very social person, I always have been, and Independence

is focused on exactly that, independent work. After two months I moved back across the street. It was surreal transferring from the long empty halls of Independence to the sprawling outdoor campus of Liberty and trying to restart my life at the school was just as surreal.

When I first got back things seemed wrong immediately; friends I've known since 6th grade had moved to other schools, dynamics between people changed drastically and the general feel of the school was different. Maybe I'm looking back at my first two years there with rose-tinted glasses, maybe things didn't change much and it was me who changed, but nothing was, and still is, the same. Strangers in my classes seem more hostile toward me and other students they don't know. Interacting, even in small ways, with people you don't know has potential to be socially awkward at best and openly hateful at worst. In my first week of school in my tutorial support class, a girl sitting behind me dropped her pencil which rolled under my desk, I picked it up and handed it to her only to hear "Don't touch my stuff." This is a small example but things like this



At Liberty High School, 270 credits are required to graduate, whereas Independence High School requires 230 credits. Photo courtesy of Waymarking.com

seem to happen on a daily basis for no reason. Teachers are more tired and have less time for each student, which was a clear contrast to the highly personalized nature of Independence; teachers were always overworked and underpaid, and it's taking a toll on the education of their students, this is obviously a generalization though. The most glaring and disheartening aspect of the school I've noticed is the mass amounts of students addicted to nicotine. Vapes are as common as pencils,

bathrooms are crowded with dozens of people at any time of the day and anyone who pays attention can easily observe the exchanging of cash and devices in hallways or even classrooms. Going from day to day isolation from students my age to being surrounded by hundreds, if not thousands of people made me notice the small annoyances that didn't used to bother me.

I wish I could say things changed for the better but to me, things have changed for the worse.

February 28, 2020

Viewpoint of *The Lion's Roar*:

AP classes are overbearing

By Austin Belcher
Editor-in-Chief

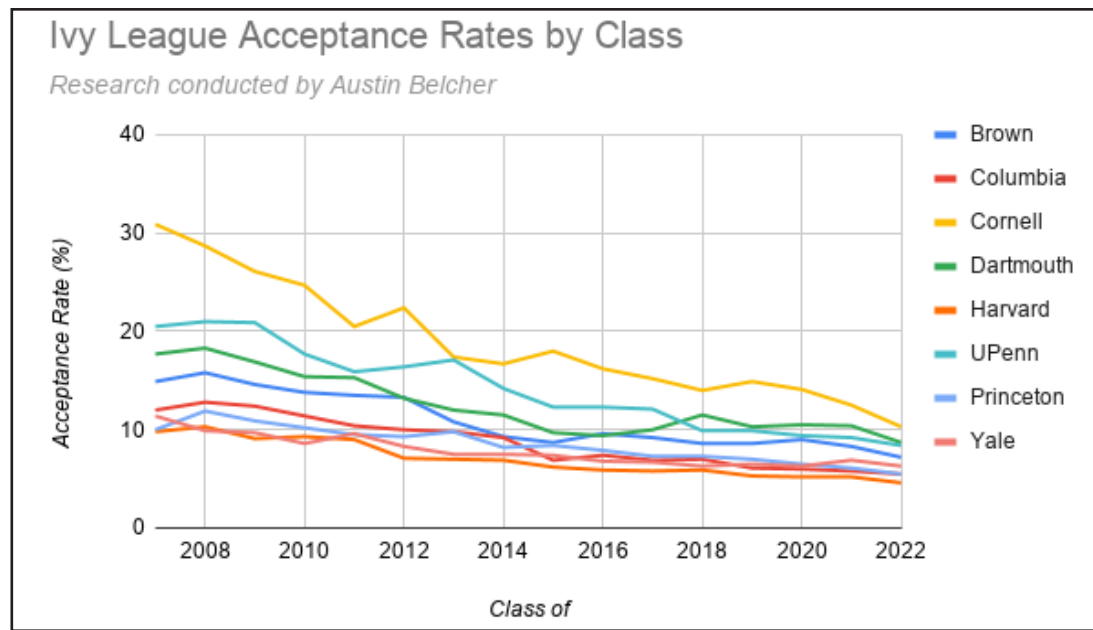
Not too long ago in our school's history, College Board's Advanced Placement courses, commonly known as their acronym, AP, were few and far in between. At the turn of the century, Liberty's narrow selection of AP courses was greatly widened, as more teachers adopted the curriculum and took on the responsibility of teaching a college level course. With the influx of availability of courses available, Liberty administration and counselors began pushing the courses upon students, whether they were truly ready for it or not. By increasing the number of students enrolled in these AP courses, Liberty was able to raise their rankings, with no regard for the dismal test pass rates experienced in these classes. Since this awkward transition phase for the school, the programs have improved. Teachers have increased their abilities in teaching the difficult courses, test pass rates have risen, and student sentiment around the courses has generally increased.

However, one thing has persisted into

our day: the overbearing emphasis placed on these courses. Liberty staff is definitely partly at fault, but only shares a small portion of the blame when we look at how academia has

transformed in the United States in the past twenty years. Higher education in America is nothing like it was before the turn of the century. Ivy League schools, Universities accepted as the

most selective and esteemed institutions in the United States, have seen drastic declines in their acceptance rates, while even expanding their facilities to accommodate more students



Notorious for their extremely low acceptance rate, Harvard University's admission rate is at a staggering 4.5%. Yet students everywhere are sacrificing their health to take on the "challenge" of five, six, or even seven AP classes.

each year.

With new options for college affordability and an influx of international students, academia in the United States is more competitive than ever. When motivated students are presented with the opportunity to gain a competitive edge on one another, they almost always accept it, often with no regard for their own well-being. Numerous students at our school alone are taking more than four AP courses at once, more classes than a normal full-time college student would take while enrolled at a university. Many teenagers aren't ready for the pressures presented by the competitiveness of this new age of academia, and external pressures certainly don't help students in this situation. Administration and counselors are only trying to set us up for success when putting us on a "competitive route", but more often than not, it is only at the students' own peril. With all the other responsibilities in and outside of high school, not every fifteen, sixteen, and seventeen year old is ready to exceed the standards of full time college students.

And the Oscar goes to...

How Greta Thunberg may just be a puppet spreading ideas



17-year-old Greta Thunberg is the youngest climate change activist today. She has traveled to every country except India and China, where most carbon dioxide is omitted. Photo courtesy of The New Republic

By Drake Daley
Staff Writer

"You have stolen my dreams and my childhood with your empty words and yet I'm one of the lucky ones." On December 3, 2018, Greta Thunberg said this to world leaders as a speaker at a United Nations climate conference according to The Guardian. She is currently on a school strike and is one of the biggest and most well-known climate activists out there. However,

some new revelations have come out and has caused this question to be asked: Is Greta Thunberg an actor? Let's start from the beginning, when Greta Thunberg started her school strikes. Recently, Hulu has announced a new documentary coming sometime this year called "Greta" a film regarding her journey after starting her school strike according to Deadline. This would have to mean that Greta's parents have been getting paychecks in order to have the film be made. This with her parents being activists themselves, makes it seem like she actually didn't make any decisions. This is shown because if a person was offered \$100,000 a month to say whatever, chances are that person would do it.

That isn't all though, recently a glitch within Facebook has revealed that Greta Thunberg doesn't actually run her social media at all. This wouldn't be as big of a deal if she didn't previously imply to the press that her ideas, are in fact, her ideas. Her social media is actually run by her dad, Svante Thun-

berg, and Adarsh Prathap, an Indian national involved with the UN. Greta has claimed that she convinced her parents to become climate activists, so to see Adarsh running her social media makes us think he ran it the whole time and he got Greta to the UN in 2018. So, if she controls almost nothing about her, what is her job? One theory is she is simply a mascot. A political shield that others use to prevent criticism and spread ideas. In this case, ideas that are simply insane. She has shown to be incapable of answering questions when not trained for them multiple times, has lied about sitting on the floor on an overcrowded train, and has gone around the world scolding world leaders, using the fact she is a 17 year old child with disabilities. She recites line after line without mature knowledge of how the economy works, and is propped by the media for it. She has made ridiculous demands, telling banks and governments to "halt all investments in fossil fuel exploration and extraction, immediately end all

fossil fuel subsidies and immediately and completely divest from fossil fuels." Greta said this on January 19, 2020 according to the *New York Times*. This demand, if implemented, would effectively shut down all fossil fuel companies within, at the latest, next year but that's not even the worst of it. If all of the countries of the world were to shut down all fossil fuel companies today, the world would see millions of people die from having no power, no one would have any heat, people would start protesting, and it would become complete chaos.

If the world is to stop global emissions, they would need every nation to help, as the US is responsible for about 10% of global emissions. We would have to use technology like nuclear energy to slowly replace coal and oil. Places like China, who lead in global emissions would have to participate. Greta's ideas are dangerous, and will kill people. If you throw your ideas out there, you will be criticized no matter who you are.

in turn lead to a poor education for the student, especially if the fighting is frequent. But of course, the first step in helping those who have witnessed fights is to stop the fighting in the first place. According to a study by Erin Schreiner, one of the main reasons fighting can break out at school is due to a desire to "maintain a reputation," that the said student or students may have built for themselves during their education. If someone threatens this "reputation," it could result in anger and animosity, and eventually fighting. Another leading reason for high school conflicts is retaliation to teasing or threats. This kind of fight is a lot more than a simple dominance dispute, and could be just a symptom of long term bullying and harassment, which has its own bouquet

of issues. Fighting during school hours on campus can have lasting effects on the people directly involved in the fight, the witnesses, and even the teachers afterwards. The fact that violence is so widespread should be cause for concern, and we should work together to figure out a solution to end in-school violence. Some people have already begun to think of ideas to prevent violence in schools, such as coming together as a community to fight bullying and other forms of harassment. Other solutions people have proposed follow along the lines of stricter rules and discipline at school, however that option seems to spark a lot of controversy. All in all, fighting in school can have lasting effects on children and teens, much more than people think.

Clash of classmates: The effect of school-fights on the students

By Emma Williams
Staff Writer

The day had begun like every other day: you woke up, got ready, and promptly headed to your first class, books in hand. As you sit in class, you hear a sharp yelp from outside the door. Suddenly, the entire class flocks to the nearest window, and you can hear chants of "Fight! Fight! Fight!" erupt over the protests of the teacher. When you finally squirm between your peers to look outside the window, you see two of your classmates locked in a fight produced by fleeting anger and flailing limbs. The fight ends as quickly as it started, a teacher pulling the two students apart and berating them. However, although the fight has ended, you can't seem to stop thinking about it for the rest of the day.

"[The fight] made me feel pretty confused, cause it happened out of nowhere. I was curious as to why it had started." Jordan Walters, a Liberty junior, explained.

She recalls feeling curious about the origin of the fight for the rest of the day, demonstrating the lasting effects the fight had on her. Jordan, along with many other students across the United States, reported feeling similarly after witnessing a fight break out on their campus. According to researchers at the Université de Montréal, witnessing violence in high school can lead to higher risk of antisocial behaviors and emotional distress. In fact, one researcher found that the after effects of being a bystander to a fight was very similar to the effects of being the target of the violence directly.

Chaz Callahan, another high school witness, describes, "I don't see the point in petty high school fights. My day wasn't affected but I did think about it a lot."

The University of Tuku explains that witnessing school fights can have continuous effects long after the fight had stopped. Children exposed to public school fights are shown to be at a higher risk of depression, violent thoughts, and other psychological issues. They may also avoid confrontation with other students by simply trying to speak as little as possible, which can impact social skills and human interaction. Additionally, after witnessing a fight, the students will not pay attention to the teachers or classes after the fact, and along with the time it takes out of the day to break up a fight, might

in turn lead to a poor education for the student, especially if the fighting is frequent.

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